

Tips On How To Raise Your Vertical For Slam Dunking

In this article I'm going to clarify how to increase your vertical for slam dunking. When I played basketball in high-school, one of my biggest goals was to slam dunk a basketball. I trained for years and worked my tail off and ended up eventually reaching my goal in my third game of senior year. It was an amazing sense of accomplishment and I'm hoping you all will have the opportunity to feel the same.

I'm going to explain 2 components that your vertical program should have. In vertical jump training, the main thing that you must focus your energies on improving is your power. Simply put, if you can raise your power, you can raise your vertical. Power is created up by two parts - strength and speed. This can all be seen thru this simple equation :

$$\text{Power} = \text{Strength} \times \text{Speed}$$

Strength

The quantity of force that your body can exert off the ground is set by your strength. There are many exercises that will increase the strength of muscles connected with vertical jumping and dunking. I might advocate using the standard full squat or the split squat to get your lower body muscles stronger. These 2 exercises actually tear up every vital muscle that your body uses to jump high.

Speed

Vertical jumping is not just about how much force you exert off the ground, yet it's also about the velocity at which you exert this force. The more explosive your body is at exerting its force, the higher up you can jump. Focus on plyometric exercises to extend this such as split squat jumps, tuck jumps, and lateral box jumps.

Important Things to note

The power formula is just one of many aspects that you have got to take under consideration when you are training to increase your vertical for slam dunking. Other include jumping technique, fast twitch development, neuro-muscular connection, and more. Vertical jump programs out today will engulf all of these facets and will especially tell you the correct way to train. The reason why I saw the gains that I saw was because on top of training hard, I trained smart. I trained express muscles in precise strategies that fit my body type. The program I used took advantage of all these aspects explained.

About the Author

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